

Pollo Tropical Nutritional Inform

August 1, 2024

	Serving Size (oz)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Eggs	Wheat	Peanuts	Soy (* soy lecithin)	Fish	Shellfish	Tree Nuts (^coconut)	Gluten	Sesame	Vegetarian (*Vegan)
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Ala Carte Meat / Platters (add choice of sides & roll)

Chicken (¼ white)	6.0	360	180	20	6	0	185	730	0	0	0	43											
Chicken (¼ dark)	4.0	290	190	22	6	0	135	430	0	0	0	24											
Chicken (¼ white) without Skin	4.8	220	70	8	3	0	130	670	0	0	0	37											
Chicken (¼ dark) without Skin	3.1	170	80	9	3	0	110	300	0	0	0	21											
Chicken (½)	9.9	650	380	42	12	0	320	1160	0	0	0	67											
Grilled Chicken Breast (2)	7.0	240	60	6	2	0	170	860	10	0	1	59											
Crispy Chicken Breast	5.2	300	80	9	1	0	75	390	11	0	0	31	•	•	•		•				•		
Mojo Roast Pork with Sauteed Onions	7.5	370	200	22	8	0	115	620	2	1	1	39											
Churrasco Steak with Chimichurri	17.5	270	170	18	3	0	90	710	3	0	0	25					•						
Chicken (1/4 white) and Mojo Roast Pork with Sauteed Onions	13.5	730	380	42	14	0	300	1350	2	1	0	82					•						
Chicken (1/4 dark) and Mojo Roast Pork with Sauteed Onions	11.5	660	390	44	14	0	250	1050	2	1	0	63					•						
Tropical Trio w/ white rice, black beans, planta	26.5	1530	600	67	17	0	290	2770	137	21	15	98					•						

Soups, Salads, Sandwiches & Wraps (Combos add choice of reg side or cup of soup and reg drink)

Caesar Salad - add protein choice	7.4	380	320	35	7	0	35	600	12	3	2	7	•	•	•		•	•				•		
Caesar Salad w/o Dressing - add protein	5.5	90	35	4	1	0	5	130	11	3	2	4	•		•							•		V
Grilled Chicken for Ceasar Salad	3.5	120	30	3	1	0	85	430	5	0	0	29												
Avocado Crispy Chicken Salad	20.0	1080	45	78	16	0	125	1540	40	0	10	45	•	•	•		•					•		
Avocado Grilled Chicken Salad	19.0	960	45	73	17	0	170	1770	36	0	10	56	•	•										
Caribbean Chicken Soup	Cup	13.6	240	40	5	0	35	1380	33	2	3	18												
	Bowl	17.0	300	50	5	1	45	1730	41	3	3	22												
Grilled Chicken Sandwich	6.8	470	24	24	7	0	115	800	36	2	1	41	•	•	•		•*					•		
Cuban Sandwich	15.9	1050	530	59	20	0	180	2260	67	2	4	61	•	•	•		•*					•		

Grilled Chicken Caesar Wrap	9.2	680	400	45	11	0	125	1340	42	3	1	39	•	•	•	•	•	•	•
Grilled Chicken Quesadilla Wrap	9.1	660	350	39	16	0	145	1300	41	2	2	48	•	•	•				•

Build Your Tropichop® Bowl

Tropichop® Rice and Veggies

White Rice	Regular	8.0	350	50	6	2	0	0	740	71	2	0	7							V*
	Large	12.0	530	80	8	2	0	0	1120	106	3	0	10							
Yellow Rice with Veg	Regular	8.0	320	45	5	0	0	0	1030	61	3	3	6							V*
	Large	12.0	480	60	7	1	0	0	1548	91	5	4	10							
Brown Rice	Regular	8.0	300	70	9	2	0	0	660	51	2	1	6							V*
	Large	12.0	450	110	13	2	0	0	990	76	3	1	8							
Romaine Lettuce	Regular	2.3	10	0	0	0	0	0	5	2	1	1	1							V*
	Large	3.8	20	5	0	0	0	0	10	4	2	1	1							
Romaine Lettuce/White Rice	Regular	5.3	190	30	3	1	0	0	400	39	1	0	4							V*
	Large	9.0	330	45	5	1	0	0	670	66	3	1	7							
Romaine/Yellow Rice w/ Veg	Regular	5.8	190	30	3	0	0	0	810	37	3	2	4							V*
	Large	9.6	320	45	5	1	0	0	1330	61	4	4	7							
Romaine Lettuce/Brown Rice	Regular	5.3	160	40	5	1	0	0	350	28	2	1	3							V*
	Large	8.0	280	70	8	2	0	0	600	47	3	1	6							
Mac & Cheese	Regular	8.0	390	220	24	14	0	70	820	28	1	2	15	•	•	•				•
	Large	12.0	590	320	36	21	0	100	1230	42	2	2	22							
Mashed Potato & Gravy	Regular	8.0	280	130	15	9	0	40	870	33	4	2	4	•		•	•*			•
	Large	12.0	430	200	22	14	1	60	1370	50	6	2	7							
Black Beans	Regular	5.0	180	45	5	0	0	0	380	25	9	1	9							V*
	Large	8.0	280	70	8	1	0	0	610	41	15	2	14							

Tropichop® Meats

Boneless Chicken Breast	Regular	3.5	120	30	3	1	0	85	430	5	0	0	29							
	Large	7.0	250	60	6	2	0	175	870	10	0	1	60							
Mojo Roast Pork	Regular	3.0	170	90	10	4	0	60	260	0	0	0	19							
	Large	6.0	330	180	20	7	0	115	520	0	0	0	39							
Boneless Chicken Breast and Mojo Roast Pork	Regular	6.5	290	120	13	5	0	145	690	5	0	0	49							
	Large	13.0	580	240	26	9	0	290	1370	10	0	1	97							
Churrasco Steak	Regular	2.3	200	140	16	2	0	45	450	2	0	0	13							
	Large	4.0	270	170	18	3	0	90	710	3	0	0	25							•

Tropichop® Toppings

Avocado	1.5	100	72	8	2	0	0	5	4	0	1	1								V*
Diced Tomatoes	1.0	5	0	0	0	0	0	0	1	0	1	0								V*

